
The Exercises
Of
The Sleeping
Snow
Dragon
Dilip Rajeev

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DILIP RAJEEV

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The Exercises Of The Sleeping Snow Dragon Were Whispered By The Sleeping Snow Dragon Herself, To The Prince Zythuryn Aelrindel.



EXERCISE 1

Lie on the back, on a bed. Hands on either side, palms facing down, a bit distant from the body. Press the left heel and sole lightly against the inside of the right thigh. The right leg is held relaxed, extended forward, on the bed. Relax, breathe deep. Fill the body with the Silver Flow, or with the Light. The attention may be kept on a silver disc visualized at the forehead. Or, on the forehead space, or on the light in the body itself.

Repeat with the right sole against the left inner thigh.

Breathing: Breathe in deep and relaxed, Hold the breath, then guide the life energy in the breath, or the visualized light, or the flowing silver, down to the base of the spine from the top of the head, or from the throat down to the base of the body - the pelvic floor. Slowly breathe out.

Use a Pillow so that the head is bent forward, and the chin kind of is resting on the chest

XERCISE 2

Now bring the soles of the two feet together, lightly pressed against each other. The sole of the feet, the pelvic floor, and the spine are in a natural straight line.

Breathe as in exercise 1, and relax. The Chin is kept against the chest. Fill the body with the Silver, or the Light, and relax with the attention on It.

After spending a while thus, bring the palms of the hand behind the head, in a natural resting position, the palms crossed in an X, and supporting the head naturally. It doesn't matter which palm is above. Do so in a natural, relaxed way. Stay in the relaxed position with the attention where the Silver takes it. Fix the attention on the Silver, and absorb the attention into It, that only the awareness of the Silver exists.



EXERCISE 3

With the arms on either side of the body, palms down, with a bit of a distance between the body and the palms, lift the left leg up, slowly, around 30 degrees. Hold for around 5-10 seconds. Bring it down slowly. Do so with the right leg, next. Next, do the same exercise, lifting the legs to 45 degrees, and then to 90 degrees as well.

Fill the body with the Silver Light, feel the light merge with the body, as you do the exercise.

Breathe in as you lift the leg up, hold the breath as you keep it steady, and breathe out, as you bring the leg back down.

Optionally, As you breathe in, bend the head forward, as if tucking the chin in towards the chest. Bring the head back down, slowly, as you bring the leg down. The Spine, neck, and the head ought be held filled with the Silver.

EXERCISE 4

Do the same as the previous exercise, but lifting both legs, together.

EXERCISE 5

Lie down on the back, as described before. The palms on either side, facing down. The soles of the feet are on the bed, and the knees bent. Now, lift the waist up, the weight of the upper body is held on the arms and shoulders.

Breathe as in Exercise 1. The chin is against the chest.

Don't strain the body. Hold the position for around 40 seconds, during which you breathe as described.

A pillow would be helpful, to keep the chin against the chest. Bent forward is the idea. Don't strain to put the chin against the chest.

EXERCISE 6

Sit up on bed, the legs crossed in any easy way. The arms stretched with a bit of strength, resting on either knee, palms facing down. The fingers are curled into somewhat of a fist – not a fully closed fist, but a fist with some space inside. The curled fingers needn't be tightly pressed against the palms.

Breathe in, stretch the body backward, arching backward, and then breathe out , arching a bit forward so as to rest the chin on the chest as you breathe out. Hold the body steady a few natural instants at either end of the breath – having fully breathed out, and also having fully breathed in. Repeat 4 times.

The Spinal ought be kept filled with the Silver flow, which will from now on often be referred to as the Light, or as energy, as the exercise is done.

At the end of the exercises, hold the body steady and upright, and take a few deep breaths, filling the body and the spinal with the Silver flow.



EXERCISE 7

Grab the forearm of each hand, with the other hand. Twist the body to either side. Torso turns left, Head turns left. Then torse turns right, Head also turns right

Do this with the Silver, or the Light having filled up the body, the spine, the neck, and the head.

EXERCISE 8

Breathe and fill the body with the Silver. Hold the breath. And hold the energy filling the body.

Holding the breath, Turn head to either side - as in, slant to the left, slant to the right. The spine, neck and head ought be held filled with the energy while doing that.

Now, take a few deep breaths, holding the body, neck and head steady, and upright. Feel the energy travel up and down the spine, up to the top of the head, and down to the pelvic base, as you breathe. As you breathe in, the energy travels up, and as you breathe out, the energy travels down.



EXERCISE 9

Go into the posture of doing the usual push-up exercise. Arms straight, supporting the body weight, along with the legs. Legs as wide as the shoulders or a bit more. Breathe in, lift the waist up, form an inverted V. Breathe out, bring the waist down, Arch back, Head thrown back.

The spine, neck, head, and body ought be filled with the Light when doing that. Visualize a bright light filling the body with the breath, if necessary.

The spine may be filled with the Silver, and the attention kept on the crown space, just above the head when doing the exercise.

Stretch the body a bit and immediately relax at both the extremes of the movement, while the body is in a inverted V form, and also while arching back.



EXERCISE 10

Relax, facedown or sideways on pillow for a few seconds in any normal sleeping mode. Do so for around 10 seconds to a few minutes.



EXERCISE 11

Now, lie down on one's back, arms on each side of the body, palms facing up, a bit distant from the body, absolutely relaxed, breathe in the energy though the palms, forehead, through the breath, and so on , filling the body with the bright Silver.



EXERCISE 12

Sit up and stretch your body in natural ways, as we do on waking up. Immediately relax after the stretch. Stretch and then immediately relax the body, in a natural way. Stretch in a few different direction. Go by the feeling, in doing this exercise.

EXERCISE 13

Stand upright, and hold both arms at shoulder level, to either side of the body. The arms together form a straight line. Now turn, in the manner of slowly spinning, from left to right – that is, clockwise as viewed from the top, four times with the palms facing up, and then four times with the palms facing down.



EXERCISE 14

Bend forward and downward as far as possible. Bend backward - similarly.

Breath out while bending forward, then hold the breath out for 10 - 20 seconds, and breath in slowly, going back up straight, and then bending backward.

Stand up straight and take a few deep breaths, visualizing the Silver flow travel up and down the spine, to the top of the crown, and down to the pelvic floor.

Repeat the exercise a total of two to four times.

The Spine, neck, the head, and the body ought be held filled with the Silver Light, while doing the exercise.

The arms may be held free while doing the exercise.

EXERCISE 15

Breathe a few times, fill the spinal, the neck, the head, and the body with the Silver. Holding the Silver in the body thus, bend at the waist to the left side, stretch the arms out naturally, stretch and immediately relax - as if yawning and suddenly relaxing. Then, do the same to the right.

EXERCISE 16

Stretch your arms forward as if yawning and stretching. And then relax (kind of immediately) the way you would after a yawn.   Breathe in as you extend the arms, hold the breath as you stretch, and breathe out easy, as you immediately relax. Do this in a natural way .

Now, Take a few deep breaths.

EXERCISE 17

Stand on your toes and stretch your arms naturally out in any of the directions.

EXERCISE 18

Hop on both toes (the front portion of the feet), a few times. Say, 8-10 times.



EXERCISE 19

Jog where you stand for 40 seconds.

EXERCISE 20

Stand normal, relaxed. Extend both arms straight forward, shoulder level, hold them in a natural way, parallel to each other, palms facing down, fingers naturally extended forward. Breathe, form in Silver the spinal from the crown, just above the head, down to the pelvic floor. Squat holding the arms thus, and the spinal energies in place, and stand up again. Breathe a few times, again, forming the Spinal, the body, the neck, and head, in Silver.

Do this exercise, a total of one to four times.

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